



OUTPATIENT MENTAL HEALTH TREATMENT

WHAT IS OUTPATIENT MENTAL HEALTH TREATMENT?

Outpatient treatment services may include individual counseling and/or family therapy to address symptoms and promote emotional and behavioral stability and wellbeing for youth and families. Services may be provided in an office, at the child's school, or in the home.

WHO IS ELIGIBLE?

Children and youth up to age 21 with [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#)) and a mental health diagnosis or developmental disability and a need for mental health treatment, self pay and/or private insurance.

This service requires that youth and their caregivers participate in treatment. Outpatient treatment hours are determined by clinical need and average 1 hour per week for an average of 4 months. Hours can be increased if needed.

HOW DOES OUTPATIENT TREATMENT HELP?

Outpatient treatment is different for each family based on the needs of the youth and family. The number of hours and sessions are determined as a therapist, child, and family team. The Outpatient team can:

- Complete assessments with the family and youth to help determine the most appropriate treatment interventions
- Provide education about treatment and child's diagnosis
- Develop mutually agreed on goals with youth and family
- Help to identify family and youth strengths
- Help youth and families identify stressors
- Teach youth and families coping skills to manage behaviors
- Help families identify stressors and triggers
- Help develop and maintain skills to manage concerning behaviors
- Help families develop coping skills
- Help youth build skills to regulate their feelings thoughts and behaviors
- Support families in practicing skills identified with the therapist

HOW TO ACCESS OUTPATIENT TREATMENT?

For more information about Outpatient Treatment talk to your targeted care coordinator or other provider, visit the [Children's Behavioral Health website](#) or scan the QR code.

If you do not a case manager, you may find it helpful to get one. You are also encouraged to call the [CBHS Family Information Specialist](#) You may also reach out to a [Family Support Organization](#).

To find out if you are eligible for Outpatient Treatment, you, your case manager or provider can make a referral by calling the agency in your area who offers Outpatient Treatment services. To find an agency, click [here](#).



Therapy has been a blessing for our son. His therapist has helped us so much. There is a noticeable difference in his interactions with others.

Parent

